



Office of Rehabilitation Services

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Health and Wellness Matters

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Ask the Doctor By "Dr. Conklin"

September is "**National Cholesterol Education**" month. The National Institute of Health has a great website full of accessible information, explanations of the connection between heart disease and cholesterol, what is LDL and what you can do to lower your LDL, etc. at www.rovers.nhlbi.nih.gov/chol.

September is also "**Prostate Cancer Awareness**" month. The American Cancer Society's website, www.cancer.org, has good information about prostate cancer and explains their

recommendations for the PSA blood test and DRE (digital rectal exam).

October is "**Breast Cancer Awareness Month**". The cancer society website provides excellent information about breast cancer and breast cancer screening recommendations.



Win Prizes! Get healthy! Have fun!

The Health and Wellness Committee is assigning you points for each wellness activity you participate in such as walks, speakers, completing the personal health assessment and more. Winners will get their prizes at the

Health & Wellness Committee

- ♦ *Medical Consultant* - Dr. Elizabeth Conklin, X363
- ♦ *Advisor* - Steve Brunero, X354
- ♦ *Chair* - Sharon Morra, X335
- ♦ *Newsletter Editor* - Elinor Pickering, X331
- ♦ *Layout* - Sharon DiPinto, X318

January Luau. Keep track and submit to Sharon Morra, ext. 335.

Other News



Members of the DHS Wellness Committee, who after hearing we had such a nice time at our luau, planned one of the own.

Healthy Choices— "Recipes for the Heart from the Heart"

Sumptuous Fruit Smoothies

5 - 6 peaches - ½ banana - 1 cup mango juice - 1/2 cup fat-free yogurt - ice
Blend - Makes 3 - 4 drinks

This recipe has a 34% calorie reduction from traditional recipes.

1 cup orange juice - 1 cup fat-free plain yogurt - 1 frozen banana (sliced)
1 cup frozen strawberries or raspberries
6 packets Equal® OR 1 - ¾ teaspoons Equal® for Recipes OR ¼ cup Equal® Spoonful™

Place all ingredients in blender or food processor and blend.

Thanks to Sharon Morra & Kristy Moles for taking us to paradise!

Health and Wellness Calendar of Events

Let's Get Moving!

Sunday, September 24 at 9 a.m. - "Walk Rhode Island" at Colt State Park, Bristol.

Sunday, October 16th will be the 10th anniversary of the "Making Strides Against Breast Cancer" walk at Roger Williams Park.

Saturday, October 22, - "Walk For Work", the second annual walk sponsored by Goodwill Industries. This 3.5 mile walk will begin with registration at 9 a.m. at the Temple of Music at Roger Williams Park.



These walks are a wonderful way to enjoy the camaraderie of co-workers and help a worthy cause while getting exercise in a beautiful location. If you are interested in participating, being team captain or want more information, contact Sharon Morra at ext. 335. If we get enough people, we can order some nifty T-shirts.

Spooky Doings

On Monday, October 31, (yes on Halloween), not only is it a Dress Down Day, but we will have a party for the hard

working staff. You can begin now to design your costumes to win the prizes for most creative. Apples will be dressed in caramel, chocolate, nuts and other healthy ways. We will learn from a prominent dentist how to keep our original teeth through old age. Plan to meet at 2 p.m. at the Bat Cave, (fourth floor lunch room.)



Annual Halloween Hike at Caratunk

Last year a group of ORS families enjoyed this mile long guided hike through the nighttime woods at Caratunk Wildlife Refuge in Seekonk, Mass. On Friday, October 21 or Saturday, October 22. If interested, contact Sharon Morra at Ext. 335 to join the group.

Come Join Us!

Join us at a future meeting of the Health & Wellness Committee, which will be held on the 5th floor.
September 9th - 10:00 a.m., September 23rd - 2:00 p.m.,
October 7th - 11:00 a.m., and October 21st - 2:00 p.m.

Dress Down Days

Future dates to help you plan your fall work wardrobe. It's just \$1 & your money goes to charity.

September 2nd, 16th, 30th, October 14th and 31st

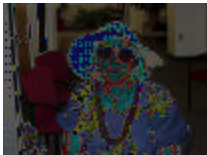
Health and Wellness Past Events

Hawaiian Luau



Don Ho would have been proud. Our Luau on July 22nd was a fabulous success! Thanks to our "bartenders" Sharon Morra, Valerie Williams, Roberta Accetturo, Karen Davis, Melanie Sbardella, Kristy Moles and Jessica Palumbo, we served about 150 fresh fruit smooth-

ies to ORS staff dressed in their best Hawaiian garb. Congratulations to Monica Dzialo from VR and John Microulis from DDS who won the coveted "Best Dressed" awards, though EVERYONE looked great! Dr. Litchman led a relaxation exercise.



Thanks to Dr. Litchman and thanks to all who attended and contributed!



ORS Picnic

July 23rd was a beautiful day at Scarborough Beach South! Despite the small number of people, the second annual ORS Picnic was a relaxing day filled with good conversation, laughter, swimming and a healthy grilled lunch. Thanks to all who contributed to the planning and supplies!

Community Food Bank

On August 19, ORS, SBVI and DDS contributed 281 lbs of non-perishable items and \$870.00 to the Community Food Bank which helps needy people throughout Rhode Island. Ernestine Bugby spoke of their food handlers certification program. Afterwards we treated ourselves to a pizza party. Monica Dzialo coordinated this successful event. Sandi Winslow from the Governor's Office, who donated the largest amount of food; and Monica, who made the largest cash donation, will have lunch with the Governor in appreciation of their generosity.